

Fall 2026 Swim Schedule

Monday September 21 to Sunday December 13

Weekdays	Aquabics	Lane Swim	Parent & Child Swim	NOTICES	SWIM INFORMATION
Monday	8:30 to 9:30 am	6:00 to 9:45 am *W 11:15 to 1:00 pm 8:15 to 9:30 pm	8:00 to 9:45 am 11:15 to 1:00 pm	SWIM CANCELLATIONS Saturday October 24 Sunday October 25	Aquabics: Aquabics is a low impact, drop-in aqua fitness class for all ages! Classes are led by our trained instructors; however, participants may exercise at their own pace. Lane Swim: Swimmers should swim in loop style in the proper lane (Slow, Medium, or Fast) to maximize the use of each lane. There are no reserved lanes. Lane Swim Legend *W = Widths only in the deep end ** = 2 lanes Parent and Child Swim: Parents and children can play in our Beachfront and Lap Pools. If the child is not potty trained, they must wear a swim diaper. Public Swim Info: Diving board and Tarzan Rope are open for use! Questions? Call 705-759-5419 or email johnrhodespool@cityssm.on.ca
Tuesday	2:15 to 3:15 pm 7:45 to 8:45 pm	11:15 to 1:00 7:45 to 9:00 pm* W	11:15 to 1:00 pm 2:15 to 3:30 pm	NEW AQUA DANCE Every Sunday night from 7:45 to 8:45 pm from Sept. 27 to Dec. 13	
Wednesday	8:30 to 9:30 am	6:00 to 9:45 am *W 11:15 to 1:00 pm 8:15 to 9:30 pm	8:00 to 9:45 am 11:15 to 1:00 pm	INTERIM SCHEDULE Monday December 14 – Saturday December 19	
Thursday	2:15 to 3:15 pm 7:45 to 8:45 pm	11:15 to 1:00 pm 7:45 to 9:00 pm**	11:15 to 1:00 pm 2:15 to 3:30 pm	HOLIDAY SWIM SCHEDULE Sunday December 20 – Saturday January 2	
Friday	8:30 to 9:30 am	6:00 to 9:45 am *W 11:15 to 1:00 pm	8:00 to 9:45 am 11:15 to 1:00 pm	Public Swim SENSITIVE SWIM 7:30 to 9:00 pm	
Saturday		9:30 to 10:45 am	9:45 to 10:45 am	1:30 to 4:00 pm 6:00 to 8:30 pm	
Sunday	AQUA DANCE 7:45 to 8:45 pm	11:15 to 1:00 pm 7:45 to 8:45 pm*W	11:15 to 1:00 pm	1:15 to 3:00 pm	
HOLIDAY HOURS: Thanksgiving Monday October 12, 2026		11:15 to 1:00 pm	11:15 to 1:00 pm	1:15 to 4:00 pm	